

# Concordia

## April 2024 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
April 1	April 2	April 3	April 4	April 5
	<u>Tamale Pie</u> ♥ <u>Black Beans</u> ♥ <u>Stewed Tomatoes</u> Tortillas/Chips Applesauce <u>OR</u> Oatmeal Cookie	<u>BBQ Chicken Flatbread</u> ♥ <u>Roasted Red Potatoes</u> ♥ <u>Baby Carrots</u> Flatbread Mixed Fruit <u>OR</u> Starburst Cake	<u>Chili</u> ♥ <u>Baked Potato</u> ♥ <u>Broccoli</u> Wheat Bread Cinnamon Apples <u>OR</u> Bread Pudding	<u>Chicken Salad Sandwich</u> ♥ <u>Pea Salad</u> ♥ <u>Chilled Tomato Salad</u> Wheat Bread Mandarin Oranges <u>OR</u> Cook's Feature
April 8	April 9	April 10	April 11	April 12
	<u>Meatloaf</u> ♥ <u>Mashed Potatoes/Gravy</u> ♥ <u>Green Beans</u> Wheat Bread Sliced Peaches <u>OR</u> Chocolate Chip Cookie	<u>Salisbury Steak</u> ♥ <u>Mashed Potatoes/Gravy</u> ♥ <u>California Vegetables</u> Wheat Bread Mixed Fruit <u>OR</u> Poppysseed Cake	<u>Goulash</u> ♥ <u>Carrots</u> ♥ <u>Corn</u> Wheat Bread Pineapple Tidbit <u>OR</u> Red Velvet Cake	<u>Lasagna</u> ♥ <u>Italian Vegetables</u> ♥ <u>Lima Beans</u> Garlic Biscuit Blushed Pears <u>OR</u> Cook's Feature
April 15	April 16	April 17	April 18	April 19
	<u>Turkey Melt</u> ♥ <u>Sweet Potato Fries</u> ♥ <u>Broccoli</u> Wheat Bread Pineapple Tidbits <u>OR</u> Coffee Blondies <u>Care Connection Desserts through the Decades 2023</u>	<u>BBQ Pork</u> ♥ <u>Baked Beans</u> ♥ <u>Spring Vegetables</u> Wheat Bun Mandarin Oranges <u>OR</u> Cherry Crisp	<u>Spaghetti and Meat Sauce</u> ♥ <u>Italian Vegetables</u> ♥ <u>Peas</u> Garlic Biscuit Applesauce <u>OR</u> Crispy Rice Treat	Happy B-Day!!! <u>Fried Chicken</u> ♥ <u>Mashed Potatoes/Gravy</u> ♥ <u>Green Bean Casserole</u> Hushpuppies Sliced Peaches <u>OR</u> Cook's Feature
April 22	April 23	April 24	April 25	April 26
	<u>Mushroom Swiss Burger</u> ♥ <u>Carrots</u> ♥ <u>Corn</u> Wheat Bun Mixed Fruit <u>OR</u> Brownie	<u>Ham Reuben</u> ♥ <u>California Vegetables</u> ♥ <u>Roasted Red Potatoes</u> Wheat Roll Sliced Pears <u>OR</u> Lemonade Cake	<u>Glazed Ham</u> ♥ <u>Scalloped Potatoes</u> ♥ <u>Normandy Vegetables</u> Wheat Bread Sliced Peaches <u>OR</u> Strawberry Cake	<u>Fish Sandwich</u> ♥ <u>Black Eyed Peas</u> ♥ <u>Sweet Potato Fries</u> Wheat Bun SF Gelatin with Pineapple <u>OR</u> Cook's Feature
April 29	April 30			
	<u>Tamale Pie</u> ♥ <u>Black Beans</u> ♥ <u>Stewed Tomatoes</u> Tortillas/Chips Applesauce <u>OR</u> Starburst Cake	♥ <b>Indicates Heart Healthy Item</b> <b>Bold underlined items meet the 2020 nutrition guidelines for senior nutrition</b>	Skim Milk, Unsweetened Fruit, Chef Salad, Baked Chicken Breast, or Baked Fish available daily as heart healthy alternatives by request.	 1973 - 2023

**\*Menu subject to change according to availability**